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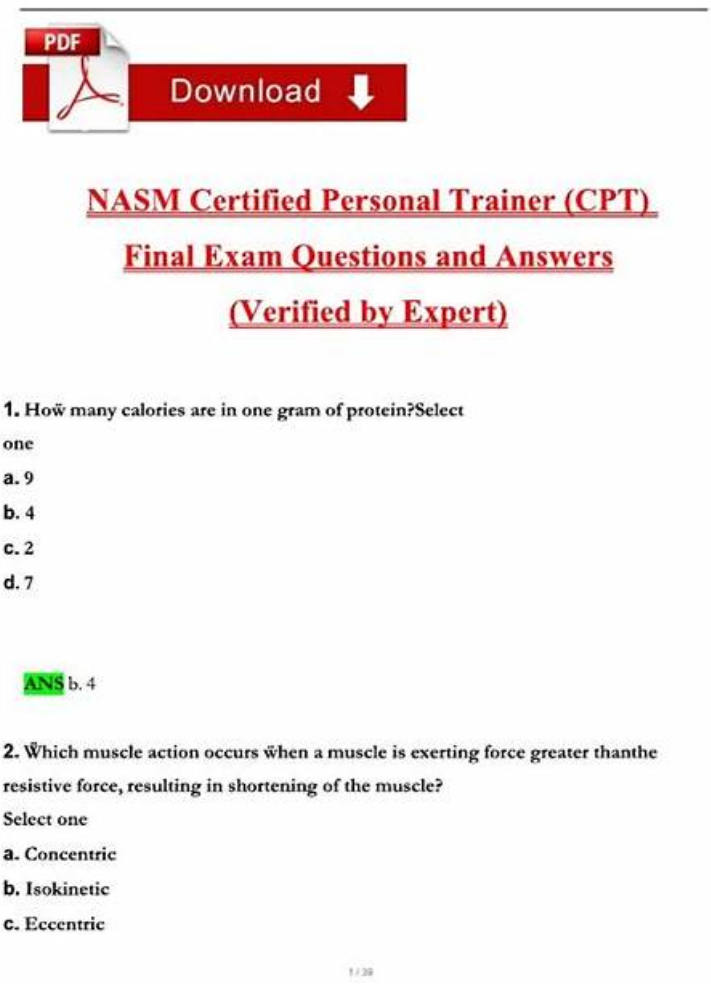

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NASM Certified Personal Trainer Exam Sample Questions (Q87-Q92):

NEW QUESTION # 87
A trainer is developing an exercise program for a client who has coronary heart disease. Which of the following is an appropriate modification?

- A. Reduce frequency to 2 days per week.
- B. Adjust tempo to avoid extended isometrics.
- C. Perform exercises in a supine or prone position.
- D. Encourage the client to clench his fists during exercise.

Answer: B

Explanation:
For clients with coronary heart disease, the NASM CPT7 guidelines recommend avoiding prolonged isometric holds because they can significantly increase blood pressure, placing unnecessary strain on the cardiovascular system. The study guide emphasizes adjusting tempo to reduce extended isometric contractions and focusing on controlled concentric and eccentric actions to maintain circulation and avoid excessive cardiovascular load. Recommended programming includes low-to-moderate intensity, gradual warm-ups, and monitoring of exertion levels, often using the talk test or RPE scale for safety .
According to the NASM CPT7 Study Guide, Zone Two in stage training is characterized by working just below the anaerobic threshold, where the body transitions from primarily aerobic energy production toward greater reliance on anaerobic systems. This zone corresponds to an intensity where the client's breathing rate increases but is still manageable for extended periods. The guide explains that in stage training, Zone 2 is designed to improve the ability to sustain higher intensities for longer durations, enhancing lactate threshold and aerobic capacity. Training near the anaerobic threshold challenges the cardiovascular system while still being sustainable for a moderate duration, making it ideal for endurance development and preparing for higher-intensity efforts in Zone 3 .

NEW QUESTION # 88
A trainer is discussing nutrition with a client. Which of the following information about fat should the trainer include?

- A. "Fats regulate the uptake and excretion of nutrients in the cells."
- B. "Fats are absorbed quickly for energy use in high-intensity exercise."
- C. "Fat should represent less than 10 percent of your daily caloric intake."
- D. "Olive oil and almonds are sources of saturated fats."

Answer: A

Explanation:
The NASM CPT7 Study Guide highlights that fats play key roles beyond energy storage, including regulating the uptake and excretion of nutrients in the cells. Healthy fats, particularly unsaturated fats from sources like olive oil, nuts, and seeds, support hormone production, cell membrane structure, and vitamin absorption.
Contrary to option B, olive oil and almonds are sources of unsaturated fats, not saturated. The guide recommends that fats generally make up 20-35% of daily caloric intake, not less than 10% as stated in option C). While fats can be used for energy during low-intensity activities, they are not absorbed quickly for immediate use during high-intensity exercise, making option D incorrect.

NEW QUESTION # 89
Which of the following demonstrates a level of service that helps the client adhere to the training program?

- A. SWOT analysis
- B. Forecasting
- C. Accountability
- D. Marketing

Answer: C

Explanation:

The NASM CPT7 Study Guide emphasizes accountability as a key factor in helping clients adhere to training programs. Accountability involves tracking progress, checking in regularly, and creating a sense of responsibility for showing up and completing agreed-upon actions.
While forecasting, marketing, and SWOT analysis are useful for business operations and planning, they are not directly related to client exercise adherence. Accountability helps build consistency, reinforces commitment, and keeps the client engaged, which is essential for long-term success in fitness programs.

NEW QUESTION # 90
A trainer is instructing a client to perform alternating side lunges. Which of the following auditory cues should the trainer use?

- A. "Lunge as far as possible to improve muscle activation."
- B. "Start by standing with your feet together."
- C. "Land with your foot pointed in the direction you are stepping."
- D. "Keep your spine neutral."

Answer: D

Explanation:
When instructing side lunges, NASM emphasizes using specific, safety-focused cues to maintain proper posture and joint alignment. The CPT7 Study Guide notes that spinal alignment should be maintained in a neutral position during all exercises to prevent excessive shear or compressive forces on the vertebrae and intervertebral discs.
For side lunges, the neutral spine cue ensures that the client maintains proper core engagement and avoids lumbar rounding or hyperextension, which can cause undue stress on the back. While "Start by standing with your feet together" (Option B) is an accurate setup detail, it's more of a positional cue rather than an ongoing form-maintenance cue. "Land with your foot pointed in the direction you are stepping" (Option C) could help in some multi-planar movements, but for lateral lunges, the lead foot should typically remain pointed forward to emphasize frontal-plane loading. "Lunge as far as possible" (Option A) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

NEW QUESTION # 91
During an overhead squat assessment, a client demonstrates an excessive anterior pelvic tilt. Which of the following muscles is considered shortened?

- A. Latissimus dorsi
- B. Piriformis
- C. Transverse abdominis
- D. Biceps femoris

Answer: A

Explanation:
During an overhead squat assessment, an excessive anterior pelvic tilt often indicates an overactive/shortened hip flexor complex, erector spinae, and latissimus dorsi. The NASM CPT7 Study Guide explains that altered length-tension relationships occur "when a muscle's resting length is too short or too long, reducing the amount of force it can produce" and that muscle imbalance around the LPHC can affect posture and movement efficiency.
The latissimus dorsi, in particular, crosses the lumbopelvic region and, when shortened, can increase lumbar extension and anterior pelvic tilt during movements like the overhead squat. This happens because the lats attach to the thoracolumbar fascia and pelvis, pulling the pelvis into an anterior rotation when overactive.
NASM's movement assessment guidelines identify the lats as a common overactive muscle contributing to excessive lumbar extension and anterior tilt in squat patterns.
Conversely, muscles like the transverse abdominis act as stabilizers to resist this tilt, while hamstrings (including biceps femoris) often present as lengthened in this compensation pattern. The piriformis is typically associated with hip external rotation issues, not directly anterior tilt. Therefore, among the listed options, the latissimus dorsi is the key shortened muscle contributing to excessive anterior pelvic tilt in the overhead squat assessment.

NEW QUESTION # 92
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